

GYROTONIC For Injury Prevention and Rehab

GYROTONIC and Its Tower of Strength

Now that Pilates and yoga have become mainstream, and you thought they were all you needed to develop your core strength and flexibility, along comes something to show you there's more to learn. GYROTONIC training is the next step – circular, flowing movements that work to integrate movement patterns while increasing coordination, flexibility and strength. GYROTONIC helps elite athletes and dancers perform better while avoiding injuries. What more could you want?

Like Pilates, GYROTONIC emphasizes the breath as a source of energy to initiate your movements. Although Pilates and GYROTONIC develop abdominal and pelvic floor muscles, GYROTONIC movements are three dimensional, spherical and fluid, whereas Pilates movements are typically more linear and finite. GYROTONIC teaches you to move from the inside out to lengthen and strengthen your muscles and ligaments and make space between the joints, allowing for greater freedom of movement and better movement mechanics. Also, like Pilates, GYROTONIC first became popular with dancers, athletes, and then physical therapists and the general public. It has become so popular in the last three years that the number of studios offering GYROTONIC lessons has tripled worldwide; no small feat.

The tower of strength

The GYROTONIC EXPANSION SYSTEM'S primary piece of equipment is a pulley tower that consists of two pieces: a seven-foot-tall, gracefully-carved wooden tower with two sets of pulleys, and a padded bench with two rotating handle units on either side of one end. The rotating handles allow you to perform a series of arch and curls, which smoothly guide your spine through flexion and extension, while simultaneously opening the chest and shoulders. Weights on the pulleys provide resistance and support the movements of your legs, arms in the pulley's straps, allowing you to go beyond where your body could naturally without assistance. Intimidating as it may look, the equipment guides and supports you while allowing smooth, elliptical movements of your body to improve strength, stability, flexibility and coordination. At the heart of all the movements is the activation of the deep core muscles.

The pulley tower was designed according to how muscles, ligaments and bones should move. According to Matthew Aversa, managing director of the GYROTONIC International Headquarters: "People lose the supple quality that's required to move in three dimensions. We're designed to move freely. GYROTONIC helps to release the fascia and create muscles that have dexterity. It helps reestablish the body's natural way of moving and corrects the alignment of the spine."

The benefits

Besides being popular with dancers, athletes, and anyone else that wants to improve their fitness and athletic performance, GYROTONIC and GYROKINESIS have a huge following in the medical field. Because of the balanced approach, both disciplines are ideal for muscle, ligament and tendon recovery without sacrificing fitness. In Germany, many physical rehabilitation clinics use the pulley tower as an integral part of their injury-prevention and rehabilitation programs. By increasing the functional capacity of your spine, in particular its ability to safely flex, extend, and rotate, you'll be less prone to injury. And because the rotating handles and pulleys encourage rotational movements, you'll increase the range of motion in your shoulder and hip joints. These days, athletes are discovering the benefits of core conditioning and injury prevention training as an addition to their training programs. GYROTONIC and GYROKINESIS fit the bill by providing three-dimensional movements that strengthen and open the body functionally to complement an athlete's rigorous training. GYROTONIC studios are opening across the county, many within Pilates studios, making classes and private instruction more accessible. Typical prices GYROTONIC lessons range from \$65 - \$100 per hour, but many studios offer semi private instruction, which can lower that price. GYROTONIC is a more affordable option at \$20-35 for a 60-minute class, but it's less sports specific for athletes than the equipment work. Once you find a studio, talk with the trainers to make sure they understand your goals, any existing injuries, and the specific needs you have and then start the flow!

Gilda Aronson – Owner, Star Bodies

Gilda has been a dancer most of her life. She started ballet at an early age, dancing with The Westchester Ballet Company and studying with some of the most prestigious teachers in NYC. Over the years she studied and taught jazz, hip hop and ballet. She is also an amateur international style dancesport (ballroom) dancer. In addition Gilda is an equestrian, specializing in dressage, with over 20 years of riding experience. Her experience with GYROTONIC started in 2005 after knee surgery caused by a dance accident. All it took was one session for her to see how beneficial it was in helping with the healing process. She also recognized how GYROTONIC could reduce the possibility of future injuries, which led her to pursue her certification. Gilda became a certified instructor under renowned Master Trainers Sebastian Plettenberg and Erika Hassan. She is Level One and Two certified in GYROTONIC, Level One certified in GYROKINESIS and the Leg Extension Unit. Gilda enjoys accompanying people on their journey to increased strength, flexibility and self-awareness both physically and energetically. She'll help you take your fitness to the next level.